



Joint Readiness Training Center & Fort Polk Home of Heroes

COMMUNITY INFORMATION FORUM

30 November 2016

Installation Management Command integrates and delivers base support to enable readiness for a globally-responsive Army

We are the Army's Home

Serving the Rugged Professional

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THRIFT BOUTIQUE

Fort Polk Thrift Boutique Bldg 2201 Alabama Ave (337) 537-0459



| Tuesday | 0930-1630 |
|-----------------------|-----------|
| Wednesday | 1200-1900 |
| Thursday | 0930-1630 |
| 1st Saturday of month | 0930-1330 |



FT POLK THRIFT BOUTIQUE

PROVIDING A TRENDY SHOPPING ATMOSPHERE TO OUR COMMUNITY!!!

www.facebook.com/FtPolkThriftShop



EXCHANGE EVENTS

2-29 December - Military Star Promotions

- Holiday Beauty Bar \$30 off Beauty Bar purchases of \$100 or more
- Ashley Furniture / Serta Mattress
 0% interest for 24 months on purchases \$999 or more

2-15 December - Military Star Coupon

\$30 off any Military Star purchase of \$150 or more









POC: (337) 537-1792 ext. 201

EXCHANGE EVENTS

- 2 December Holiday Tree Lighting Ceremony
 - DJ, Giveaways, Food & Beverage Tastings
 - Main Store open until 2100
 - Subway open until 2100
 - Starbuck's, Charley's, Burger King Express open until 2000
 - Class VI open until 2000

12 December - Projected opening of Boston Market & Qdoba Late January - Projected opening of Panda Express

Holiday Catering: Food Court – (337) 537-4089

Blimpie – (337)653-6034







POC: (337) 537-1792 ext. 201

MEDDAC BAYNE-JONES ARMY COMMUNITY HOSPITAL

Walk-In flu shot clinic

BJACH Immunization Clinic, 2nd floor, Entrance B, Monday-Thursday, 0800-1100 and 1300-1330, Friday, 0800-1100. Immunize your Family against the flu before the holidays. Last week of December to about the second week in February is the time with the most flu cases nationwide. Flu vaccine does not cause the flu. Very mild flu-like symptoms after vaccination can mean that your body is responding to the vaccination. If you actually get the flu soon after vaccination, you may have been exposed to flu before getting vaccinated or during the two-week period it takes the body to gain protection from getting the vaccination. People with the flu may be able to infect others from one day before getting sick to and up 5 to 7 days after.

6 January - Change of Responsibility Ceremony

1000, BJACH grounds adjacent to Entrance A. CSM Mark Bivins, outgoing; CSM Roderick Taylor, incoming CSM.



MEDDAC BAYNE-JONES ARMY COMMUNITY HOSPITAL

- 21 January 3rd Annual Health & Wellness Fair Start of the New Year Right, Main Post Exchange Mall
- Monthly Training Closure

BJACH will be closed until 1300 the third Thursday of each month for training. The next training date is 15 December. This includes all clinics, Outpatient Pharmacy, lab, radiology etc. BJACH dining facility will not be open for breakfast on training days, but will open at 1100 for lunch. Entrance B, 2nd floor, will remain locked until 1245. If you must enter the hospital, you must use Entrance A.

16 December Holiday Parties – Half-day closure

All BJACH clinics, lab, radiology and the Outpatient Pharmacy will close at 1300 for the staff holiday gatherings. The ER and wards will be open 24/7.



Defense Commissary Agency (DeCA)

Christmas Holiday Hours

- Monday, 19 December 0930-2000
- Tuesday-Friday, 20-23 December 0930-2000
- Saturday, 24 December, 0900-1600
- Sunday-Monday, 25-26 December CLOSED
- Tuesday-Friday, 27-30 December, 0930-2000

New Year's Holiday Weekend Hours

- Saturday, 31 December 0900-2000
- Sunday, 1 January CLOSED
- Monday, 2 January CLOSED
- Tuesday, 3 January 0930-2000



CORVIAS MILITARY LIVING

Extended Stay Apartments

Now Pet Friendly!

Upcoming Events

- 2 December Cajun Christmas. Corvias participating / sponsoring the Tree Lighting Ceremony for Fort Polk.
- 9 & 10 December Operation Home Front will be delivering meals for Soldiers & Families at our Dogwood Office. Corvias staff will be volunteering to assist.
- 9 December Winners announced for the Holiday Decorating Contest.

Office Closures (24-hour emergency maintenance always available)

Friday, 23 December & Monday, 26 December



Example Criteria for Moen-Holmlund Block of Housing

- Prescribed burn conducted during school hours when possible
- Three to five days after rain
- Winds from the East, Southeast, or South at 5 to 15 mph.
- Humidity at 30% 50%.
- Temperature less than 80 degrees.
- Fine fuel moisture above 7%.



Day of Burn

- 0630 Check fire weather conditions online from the National Weather Service office in Lake Charles to determine location of burn.
- 0700 Pre-work conference meeting with forestry personnel.
- 0730 Equipment and communication check.
- 0845 Make notifications to on and off post agencies.
- 0900 Begin recon of prescribed burn area.
- 0915 Placement of smoke signs.
- 0930 Coordinate with PMO and Fire Department.
- 1000-1400 The area is ignited, patrolled and secured in short increments along the burn boundary to control fire intensity and direction of spread. This process enables strategic positioning of resources as needed to prevent the spread of fire from escaping burn unit and to protect structures close to prescribed burn area. Lunch is on the go and in the field.
- 1400 Shut down ignition.
- 1430 After completion of final patrol and areas are determined to be secure, PMO and the Fire Department are released.

POC: (337) 531-6174

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Coordination

- Post Safety
- PMO
- Fire Department
- EOC
- Command
- Airfield
- PAO
- Vernon Parish E-911
- State Office of Forestry



Fire department brush truck on standby



Patrolling fire line



After prescribed burn



One ATV ignites, one ATV patrols, one ATV on standby





Equipment Available for Housing Prescribed Burn



Established firebreak in Family housing.



ATV (14 available) for igniting fire, spaying water, and patrolling firebreaks.



Polaris Ranger (3 available) for patrolling firebreaks and spraying water.



Dozer fire plow – four available.



Pumper trucks for spraying water to protect structures and prevent the spread of fire across established boundaries



Two pickup trucks equipped with a pump system for spraying water to protect structures and prevent the spread of fire across established boundaries.

CSF2 UPCOMING EVENTS

Soldier & Family Development
Classes provide education &
Families to utilize mental
toughness skills in order to be a
more adaptive and effective
team.

Classes Offered include

- Building Confidence
- Attention Control
- Core Values & Beliefs
- Building Confidence
- Goal Setting
- Put it in Perspective
- Integrating Imagery
- Effective Praise
- Energy Management
- Active Constructive Responding
- Problem Solving
- Avoid Thinking Traps
- Assertive Communication
- Character Strengths

C2U program where you contact the Training Center and we come out and Train your 350-1 Training requirements for CSF2.

Second Friday of the month MRT refresher training:

Available to all trained MRTs

0900-UTC at the CSF2 TC Building 2380

Third Thursday of the month skill of the month training:

Offered two times:

1130-1300 at the ACS Building 920 RM G 1800-2000 at the FRC Building 924 RM A (Family and Teen Training offered same time and location)

In-processing training (7 Skills):

Every Tuesday and Wednesday 0900-1700 Education Center Rm 203



Call and schedule your class today at 531-2427 or stop by the Training Center at 8148 Alabama Ave, Bldg 2380





GARRISON CHAPLAIN

Adopt a Soldier/Family for Christmas

UMTs will collect the names of both Single Soldier and match up an Adoptive Family. Unit UMTs POC.

25 December

Christmas Eve Candle Light Service (Christian)
Protestant Chapel Community
24 December, 1800-1900 at Main Post Chapel

Chapel Next Service & Traditional Protestant Service 4, 11 & 18 December Regular Chapel Services No Chapel Service on 25 December, or 1 January 17



GARRISON CHAPLAIN

Catholic Community

- Immaculate Conception (HDO)
 Thursday, 8 December at 0900, 1145 and 1800
- Christmas Eve Mass
 Saturday, 24 December at 1700 (Regular Weekend Schedule) & Christmas Eve Mass (Midnight Mass) at 0000
- Christmas Day Sunday, 25 December at 0900
- New Year's Mass

Saturday, 31 December at 1700 Mary Mother of God New Year's Eve Mass (HDO)

Sunday, 1 January at 0900 Mary Mother of God Mass (HDO) Sunday Mass



PAO UPCOMING EVENTS

Installation Tree Lighting Ceremony
 5:30 p.m., Main Post Exchange

2 December

- Breakfast with Santa
 8 a.m.-noon, St. Michael's Catholic Church, Leesville
 (337) 239-2656
- 3 December

- Miracle on Washington
 Includes Taste of Beauregard chili cook-off, Run, Run Rudolph Reindeer Race, lighted Christmas parade and Christmas fireworks show.

 Noon-8 p.m., Washington Street, DeRidder
- Master Sgt. Timothy Hankins Memorial Shootout 8 a.m.-noon, Lake Charles Gun Club Register at (337) 302-0071

3 December



PAO UPCOMING EVENTS

DeRidder Christmas Light Show
 5:30-10 p.m., DeRidder City Hall

3-31 December

4 December

- G.R. Handel's Messiah
 3 p.m., Leesville High School Auditorium
- Kansas City Southern Holiday Express

 4 p.m., KCS Yard, 901 Third St., Leesville, www.kcsouthern.com
- Vernon Parish Chamber Christmas Parade
 5:30 p.m., Third Street, Leesville (337) 238-0349
- Distro list for weekly community events:

Send email to: <u>usarmy.polk.imcom.mbx.pao-ci@mail.mil</u> Human interest (unusual, unique) training stories, we would like to know. Call 531-1392 or email kimberly.k.reischling.civ@mail.mil

U.S.ARMY

BOSS UPCOMING EVENTS

- 2 December Spades Tournament
- 3 December Natchitoches City of Lights
- 8 December God's Food Box Volunteer
- 12 December BOSS Program Town Hall
- 14 December BOSS Program Toy Drive
- 11-15 December Snowball Express
- Bow & Arrow Combat (available upon appointment)

Unless otherwise noted, all events will be held at the Home of Heroes
Soldiers Rec Center

Call 531-1948 for information on BOSS program / events









November 12, 2016 Lake Charles, LA Habitat For Humanity



DES

AREA OF EMPHASIS

- DES 01 FP REG 190-3 Weapons Registration
- DES 02 Speeding on the installation
- DES 03 Christmas Tree & Holiday Lighting Safety / Cooking Safety
- **❖** DES 05 Juvenile Curfew Hours (FP REG 190-2)
 - Child/Teen Curfew & Supervision (Policy Memo #6)
 - ❖ Age 11 and under: 2100-0600
 - ❖ Age 12 but less than 15: 2200-0600
 - ❖ Age 15 but less than 18: 2400-0600
- DES 06 Rain/Headlights/Wipers Required
- DES 07 House Watch Program
 - If you go on leave, TDY let the Police Know
 - Only ON POST Quarters







Hunting

Hunting within Cantonment Area:

- Deer Archery (either-sex): 17 September 15 January.
 - Special Archery regulations apply to Cantonment Areas, check locally at Building #8590 at Alligator Lake.
 - There are no bucks-only restrictions.

Hunting in remainder of Wildlife Management Area:

- Restricted to buck only when bucks only firearms season is in progress.
 - Deer Firearms (bucks only): 10 December 1 January.
 - There is a 2 week no rifle hunting period from 28 November 9 December.
 - However, during this time frame deer hunting of either sex with a bow is authorized.

Hunting of Feral Hogs:

- May be taken by properly licensed hunters from SEP 17 JAN 1.
- Hunting with shotguns (either buckshot or slugs) is authorized from loaded with or slugs from JAN 2 – FEB 28.





POC: (337) 531-7240

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Hunting

- Deer Archery (either-sex): 17 September 15 January. Special Archery regulations apply to Cantonment Areas, check locally at Building #8590 at Alligator Lake. On
- Cantonment Areas, either-sex deer are legal 17 September 15 January, with no bucks-only restrictions.
- Remainder of WMA restricted to bucks only when bucks only firearms season is in progress.
- Deer Firearms (either-sex): 29-30 October and 25-27 November, mandatory deer check.
- Deer Firearms (bucks only): 10 December 1 January. 1 Deer Primitive Firearms (either-sex): 8 14 October, self-clearing permit.
- Remember there is a two weeks of no rifle hunting between 28 November and
 9 December, they can still hunt with a Bow.
- Feral Hogs: May be taken by properly licensed hunters from 17 September –
 1 January. Hunters may hunt feral hogs with shotguns loaded with buckshot or slugs from 2 January 28 February.

U.S.ARMY

SCHOOL SUPPORT SERVICES

SCHOOL CALENDAR

- 2 January, Teacher Work Day
- 3 January, Students Return to School
- > 16 January, Martin L. King Day (Students & Staff Holiday)

IMPACT AID

Reminder (Highly Important)

Tutoring

- CYS Employment Opportunity / Volunteer tutoring for all grades
- ➤ POC: Elyse Roques, SKIES Director (337) 531-6851



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SCHOOL SUPPORT SERVICES

Letter Grades

- http://www.louisianabelieves.com/data/reportcards/2016/
- http://www.louisianabelieves.com/assessment/school-lettergrades
 - √ High School
 - ✓ Middle School
 - ✓ Elementary School

Healthy Playground Makeover Sweepstakes

- Opportunity for schools with military students or Title 1 to win \$30,000 playground/\$60,000 Grand Prize
- http://www.togethercounts.com/at-school/win-for-your-school/sweepstakes
- Unlimited entries



POC: (337) 531-6673/9481

DFMWR UPCOMING EVENTS

thru 16 December Combined Federal Campaign (CFC)

2 December Installation Tree Lighting Ceremony (Main Post Exchange, 1730)

12 December BOSS Forum *The Voice of the Single Soldier (WCAC*, 1030-1230)

SPECIAL EVENTS

2 December Installation Tree Lighting Ceremony (Main Post Exchange, 1700-2100)

2 December Trees for Troops (Old Commissary Parking Lot, 1700)

3 December Snowflake Festival (School Age Center, Bldg 260, 0900-1300)

BUSINESS OPERATIONS

Sundays NFL Sunday Family Fun Day (Mulligan's, 1100-1800 thru NFL season)

18 December Bowl with Santa (Strike Zone, 1300-1500)

18 December Go-Karts with Santa (Klubs & Karts, 1500-1700)

21 December Bowl with Santa (Strike Zone, 1800-2000)

31 December Cosmic New Year's Parties (Strike Zone)

Family Party (1800-2030) - Sparkling Apple Juice

Adult Party (2100-0100) – Champagne & Sparkling Apple Juice

INTRAMURAL SPORTS

6 December Battalion-level Flag Football (1400 Block, 1800)

12 December Christmas Basketball Tournament (1st MEB Gym, 1730)





POC: (337) 531-1945

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DFMWR UPCOMING EVENTS

CHILD AND YOUTH SERVICES

Youth Sports Registrations (Call 531-6004 / 1955)

Basketball, Ages 5-18 years, Season Jan-Mar 2017 thru 9 December

PeeWee Basketball, Ages 3-4 years, Season Jan-Mar 2017

Spring Soccer, Ages 5-18 years, Season Feb-Mar 2017 thru 23 December

PeeWee Soccer, Ages 3-4 years, Season Feb-Mar 2017

Meet Santa's Reindeer (School Age Center, 1600-1800) 8 December

15 December Teen Resiliency Training "Avoid Thinking Traps" (FRC, 1800-2000)

COMMUNITY RECREATION

Showboat Theatre Winter Production (Call 531-2337)

"The Christmas Machine" & "The Trial of Santa" by Don Zolidis

8 & 10 December Dinner Theatre (Cocktails, 1800; Dinner 1830; Show 1930)

1, 3, & 9 December Show Only (1930)

Produced by special arrangement with Playscripts, Inc. Letters to Soldiers (Allen Library, Daily)

thru 1 December

Holiday Card Making (Allen Library, 1130) 6 December

Holiday Story Time for Children (Allen Library, 1100) 15 December

Holiday Bingo for Children (Allen Library, 1100) 19 December

Monthly Bass Tournament (TBRS, Safelight-1500) 7 January





ARMY COMMUNITY SERVICE

6-7 December AFTB Level K Military Knowledge (FRC 0830-1430)

Call 531-9421/1895

07 December ERP 10 Steps to a Federal Job (FRC, 0900-1200 or 1230-1530)

Call 531-9190

16 December CLOSED at 1430 for ACS Annual Christmas Celebration

Ongoing Activities

Tuesday PlayMorning! (ACSC, 0900-1100) Call 531-1941

Monday & English as a Second Language (ACSC, 0900-1100 or 1230-1430)

Wednesday Call 531-6923 for placement

Thursday Newcomers Orientation – Spouses Welcome – (ACSC 0830-1300)

Call 531-6952



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ARMY COMMUNITY SERVICE





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RAPIDES PARISH VET CENTER

What Does the Vet Center Offer?

- A safe place to talk
- Confidentiality
- Counselors who have experienced combat
- Flexibility of hours
- Individual hounseling
- Group hounseling
- Marital and Family counseling

- Sexual trauma counseling
- Bereavement counseling
- Liaison with the VA
- Drug and alcohol counseling (referral)
- Benefits Assistance (referral)
- Employment guidance (referral)



POC: (318) 466-4332

COMMUNITY HEALTH PROMOTION COUNCIL (CHPC) SURVEY

The Fort Polk Community Health Promotion Council is the community resource to help identify redundancies or voids in health / readiness / resiliency and adjust programs and resources to best fit your needs. We are conducting a survey which will take you 10-15 minutes to see what matters to you.

Why participate in this survey?

- Help us provide you the best services possible
- Give us a better picture of what people in the community think needs improvement or is great as it is

Help make Fort Polk even better in just a few simple clicks!



Your opinion is important!

MAKE IT COUNT

Visit:

https://usaphcapps.amedd.army.mil/ Survey/se.ashx?s=25113745697220DC



COMMUNITY HEALTH PROMOTION COUNCIL (CHPC)

Healthy Bagged Meal Options at the Commissary



Health Promotions
in partnership with your
COMMISSARY
is excited to offer healthy,
ready to make, bagged
meals in the commissary.



3 & 17 February ONLY

The "Thinking Outside the Box" meals offer quick solutions for your busy lifestyle that you can feel confident in knowing they are healthy and economical. You'll also see tips and suggestions on how to use the leftover items after preparing your meal.



FORT POLK EMERGENCY NOTIFICATION METHODS

GIANT VOICE

Every Housing Area





"All Users" E-Mail

How to get on the all users: Send an e-mail to:

kimberly.k.reischling.civ@mail.mil

DFMWR

- If possible Will send an email or text to all parents informing them of the status
- All centers will be locked down until the "all clear" is given



Fort Polk Facebook Page



Fort Polk Web Page





https://www.facebook.com/JRTCandFortPolk/

http://www.jrtc-polk.army.mil/





ATHOC SET-UP INSTRUCTIONS



Instructions For AtHoc APP

- Search for AtHoc and notifer download.
- Provide email you registered on your initial registration into AtHoc.
- 3. Go to your email and click link to verify.
- 4. Go to your app and type in code: USA-POLK



AtHoc Information: This system provides a mass warning solution for notification of personnel. The MWN solution utilizes an AtHoc commercial off-the-shelf (COTS) product. The system is comprised of an Enterprise Network Alerting and Telephone Alerting System (eNAS/TAS) that provides select capabilities to notify a targeted population of a crisis.

The system's capabilities include: network notifications via desktop pop-ups to computer workstations on the Installation's primary network domain; telephone notifications to work, mobile, and home phones; text message notifications to mobile phones (no text messages can be received via Blackberry); email notifications to work and home email accounts; and Smartphone application notifications to mobile phones and other devices.

Getting Started: Click on the Purple Globe located on your desktop system typically located in the bottom right corner.

Registering: Select Access Self Service, once you select this site, you will be asked to fill in your information (first and last name, hierarchy). Hierarchy is the organization assigned to. Select your hierarchy. If you do not see your unit/agency, select JRTC and Fort Polk or HQ USA Garrison, Fort Polk. Click save, this will return you to the My Info page.

Parish of Residence: Next, select Parish of Residence and click save.

Select Devices: Fill in Numbers, enter work number and personal e-mail (this is where you can add multiple cell numbers, such as your spouse) click save.

Select Locations: Select Location Tab, follow the steps for entering the information on slide. Click edit, then enter the street address. Click Hybrid and the map changes to a satellite view, which is easier to see. If the Icon does not appear on the location you entered, simply drag the icon to the desired location., click save. Next enter your work location, then save.



Integrated Public Alert Warning System (IPAWS)

JRTC and Fort Polk now have the ability to notify the public using the Integrated Public Alert and Warning System (IPAWS). The purpose of IPAWS is to expand the existing Mass Warning Notification System capabilities. IPAWS provides the capability to reach the military and civilian population on and in the immediate surrounding area using the emergency Alert System (EAS), Wireless Emergency Alerts (WEA), the National Oceanic and Atmospheric Administration (NOAA) weather radio, and other Public Alerting Systems from a single interface. We have an obligation to our Soldiers and Families to provide seamless protection and safety services alongside our civil counterparts. Although it is not possible to validate 100% notification to total installation populations of an impending or actual incident, IPAWS together with other MWNS capabilities greatly enhances the potential to do so.

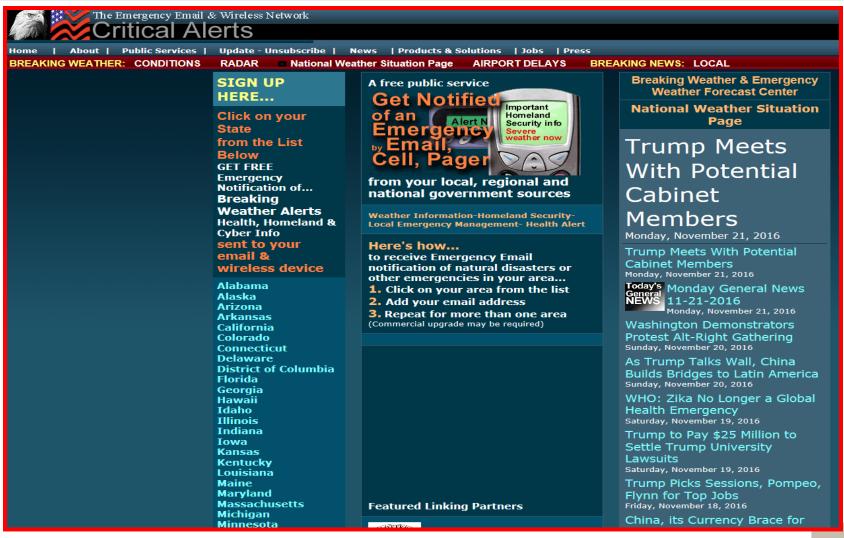
Fort Polk will use the WEA capability targeting specific geographic locations in order to reach the installation's population to include training areas.





EMERGENCY E-MAIL & WIRELESS NETWORK

http://emergencyemail.org/







OTHER RESOURCES



POC: (337)531-6174

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"SEE SOMETHING, SEND SOMETHING" SUSPICIOUS ACTIVITY MOBILE APP



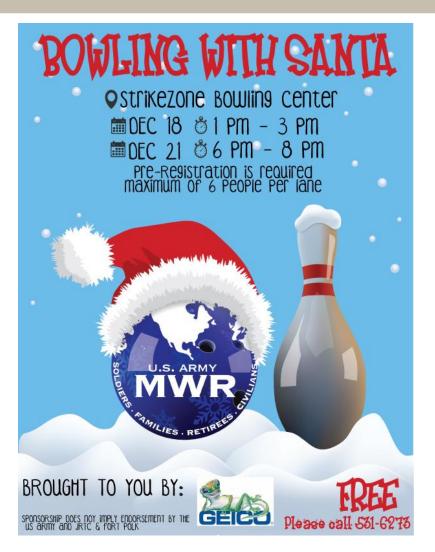
- ✓ Anonymous way to report
 Suspicious
 Activity
- ✓ Text and pictures to LA law enforcement
- ✓ Free



POC: (337)531-6174

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Business Operations Division









Business Operations Division





The next

Community Information Forum

will be held

4 January 2017, 1000

Warrior Community Activity Center

